

Antecedents of Resilience Among Adolescent: Study from Indonesia and Malaysia

by Yulia Ayriza, Rita Eka Izzaty, Banyu Wicaksono, Norzarina Mohd. Zaharim, Intan Hashimah Mohd Hashim

ABSTRACT

Adolescents are period of constant change and those who failed to cope with their developmental challenges are at risk to develop psychological problems and may experience developmental dysfunctions. In order to properly handle the challenges of their development, adolescents need to develop a psychological resource called resilience. Resilience is a successful adaptation, both as the process and results, to the difficulties and adverse conditions, resulting in personal health and protection. In order to build individuals' resilience, interventions are generally conducted based on the interaction of protective and risk factors of their lives. Protective factors refer to the resources found in both the personal characteristics and one's environment which are useful for buffering problems and overcoming the life stresses. Whereas risk factors refer to the threat of danger found in both personal characteristics and one's environment that may increase his/her problems. Number of studies has explored protective factors of resilience. However, the study intended to investigate the dominant factors as well as studies that incorporates non-WEIRD countries is relatively scarce. Therefore, this study aims to investigate the antecedents of resilience in terms of protective factors of adolescents in Indonesia and Malaysia. This study intends to explore the relationship between five factors that has been identified (i.e. autonomy, problem solving, empathy, family quality of life, and student engagement) to resilience. Based on the findings, all predictors have simultant effect on resilience. Further analysis revealed that only a number of predictors are able to predict an increase to resilience through problem solving ability, functional autonomy, attitudinal autonomy, sympathy, physical well-being, good parenting, liking for learning, as well as effort and persistence in academic activities. Functional autonomy and effort and persistence are the common antecedents found in both Indonesian and Malaysian youth. Meanwhile affective empathy, depression, and stress plays predicts a decrease in resilience

Kata Kunci: antecedents, resilience, adolescents